

## Outline

### HOW RECENT CHANGES IN STROKE TREATMENT ARE RESHAPING THERAPY

- Hot topics and innovations in stroke rehabilitation
- What stroke rehabilitation will look like in 1, 5, and 10 years

### IMPROVE YOUR CLINICAL REASONING AND ASSESSMENT SKILLS FOR STROKE REHABILITATION

- Today's best evaluations for:
  - Gait, balance, and coordination
  - Strength, mobility, and stability
  - Upper extremity function
  - Lower extremity function
  - Executive function

• **Hands-on lab**

### EXPAND YOUR STROKE REHABILITATION TOOLBOX

- Effective techniques you can use immediately to:
  - Ignite neuroplasticity for breakthrough results
  - Restore functional strength more quickly
  - Enhance function and multi-tasking ability
  - Reduce spasticity
  - Restore limb use
  - Resolve impairments from a more functional, person-centered perspective
  - Improve bed mobility, transfers, and gait with less strain
  - Design a more effective home program
  - Intensify therapy safely and effectively
  - Re-engage difficult or depressed patients

• **Hands-on lab**

### HOW TO BETTER INTEGRATE MULTIPLE APPROACHES FOR IMPROVED OUTCOMES:

- Constraint-induced movement therapy
- Bimanual therapy
- Dual task interventions
- Balance and gait training
- Taping
- Functional activities
- Therapeutic exercise
- Neuroplasticity-building interventions

### DESIGN ROBUST, INNOVATIVE PLANS OF CARE FOR YOUR PATIENTS

- Effective treatment strategies for specific impairments related to:
  - Ataxia
  - Hemiparesis
  - Neglect
  - Pusher syndrome
  - Spasticity
  - Subluxation
  - Gait and mobility
  - Decreased sensation
  - Reduced flexibility
  - Muscular weakness
  - Timing/coordination

### JUSTIFY THERAPY WITH THE RIGHT PROGRESS MEASURES

#### CASE STUDIES: PUT KNOWLEDGE TO PRACTICE

- Case study 1: Correctly select the root cause of impairment
- Case study 2: Apply advanced gait training and multitasking techniques
- Case study 3: Improve postural control and mobility with an agitated patient
- Case study 4: Overcome barriers to effective strategy implementation
- Case study 5: Adjust your plan of care for surgical and technological advances

## Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins


**11:50-1:00** Lunch (on your own)

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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*Best Practices for Rapid Functional Gains and Improved Outcomes*

Become the go-to resource for stroke rehab and build referrals faster!

**Melville, NY**  
Monday & Tuesday  
February 3 & 4, 2020

**Manhattan, NY**  
Wednesday & Thursday  
February 5 & 6, 2020

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**2-DAY**

**Stroke Rehabilitation Intensive Training Course**

*Best Practices for Rapid Functional Gains and Improved Outcomes*

- Today's best practices for improving recovery and outcomes
- Expand your stroke rehabilitation toolbox with the best interventions currently available
- How recent changes are reshaping therapy – advancements you must be prepared for
- Innovative techniques to completely redefine what's possible for your patients
- Strategies to help survivors leave their limitations behind

Become the go-to resource for stroke rehab and build referrals faster!

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<b>Target Audience</b>	Physical Therapists • Physical Therapist Assistants • Occupational Therapists Occupational Therapy Assistants • Rehab Directors • Rehab Managers Nurses • Nurse Practitioners
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**Questions?**  
Call customer service at  
**800-844-8260**



**HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?**  
The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Orion Tarpley at [otarpley@pesi.com](mailto:otarpley@pesi.com) or 715-855-5262.

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2-DAY

Stroke Rehabilitation Intensive Training Course

Best Practices for Rapid Functional Gains and Improved Outcomes

Working with stroke patients is deeply meaningful and incredibly rewarding. And you strive to help each patient who’s counting on you to facilitate the improvements that can change their lives.

But some patients are so impaired that treatment becomes overwhelming. Others make exceptional gains in clinical settings, only to hit a wall in less controlled environments. As time passes without results, even the most promising patient can feel the sun setting on the person she used to be, growing disengaged and depressed -- convinced she can’t progress further with therapy.

If you’re not up to speed on the latest treatment strategies, she might be right.

Learn how to apply innovative techniques that completely redefine what’s possible for your patients in this intensive, hands-on course! Built on today’s best practices, this program will show you highly effective tools and strategies that have helped countless survivors leave their limitations behind, even 20 years post stroke.

Sign up today and leave this one-of-a-kind training knowing that when your next patient tells you how she hopes to return to work or stay active with her grandkids, you’ll be able to confidently guide her toward rapid functional improvements with the best methods available in neurological rehab!

## Speaker



**Michelle Green, PT, DPT, c-NDT, NCS, is an expert in stroke rehabilitation** with over 20 years of experience working in acute and inpatient settings. Over the years, she has helped countless patients recover from neurologic, medical, trauma and surgical orthopedic conditions. Her background in Pilates, Yoga and NDT has influenced her assessment and treatment approach, providing her with enhanced insight into movement assessment and guided movement re-education.

Dr. Green travels nationally to present seminars on stroke rehabilitation and geriatric strength/stability training, and she is known for her dynamic, hands-on teaching style. She earned her Doctorate in Physical Therapy from University of North Carolina Chapel Hill, and she currently teaches as an Assistant Professor in the DPT program at Campbell University. Her additional interests include education and learning, impairment-based treatment across the lifespan, and application of mind-body practices for improving mental and physical health.

**Speaker Disclosure:**  
\*Need

## Objectives

- Discuss the latest advances in stroke recovery and their implications for therapy.
- Review strategies for identifying the root causes of post-stroke impairments faster.
- Demonstrate how to enhance function with dual task interventions.
- Describe techniques for improving bed mobility, transfers, and gait with less strain.
- Demonstrate how to reduce spasticity and restore limb use with constraint-induced movement therapy.
- Design an effective home program.
- Discuss a more functional, person-centered approach to resolving impairments.
- Review parameters for safely intensifying rehab.
- Determine effective strategies for helping difficult or depressed patients become more engaged in their recovery.
- Evaluate traditional and innovative treatment strategies.
- Review progress measures used to justify therapy.
- Discuss how to overcome barriers to effective strategy implementation.

### RELATED PRODUCTS [ Save by including with your seminar registration ]



#### Tai Chi for Arthritis & Fall Prevention Handbook

By Dr. Paul Lam

The Tai Chi for Arthritis program outlined in this informative handbook has helped millions of people - both with and without arthritis - to find relief from pain, improved balance and health, and a better quality of life within a short time. This handbook pairs perfectly alongside Dr Lam’s Tai Chi for Arthritis DVD, and will empower learners to improve their health and wellness.



#### Geriatric Pharmacology:

*The Principles of Practice & Clinical Recommendations, Second Edition*

By Steven Atkinson, PA-C, MS

Now in its second edition, *Geriatric Pharmacology: The Principles of Practice & Clinical Recommendations* is the optimal guide for anyone seeking straightforward, concise and user-friendly information on medication dynamics for older adults. Fully revised and updated, this invaluable resource has become the go-to favorite for healthcare professionals.

### Live Seminar Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.



Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

#### Occupational Therapists & Occupational Therapy Assistants:



PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

#### Physical Therapists & Physical Therapist Assistants:

This activity consists of 12.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

#### New Jersey Physical Therapists & Physical Therapist Assistants:

This course has been submitted to the New Jersey State Board of Physical Therapy for review.

#### New York Physical Therapists & Physical Therapist Assistants:

PESI, Inc. is recognized by the New York State Education Department, State Board for Physical Therapy as an approved provider for physical therapy and physical therapy assistant continuing education. This course qualifies for 15.2 Contact Hours.

**Other Professions:** This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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2-DAY STROKE REHABILITATION INTENSIVE TRAINING COURSE: BEST PRACTICES FOR RAPID FUNCTIONAL GAINS AND IMPROVED OUTCOMES  
**Questions?** Visit [www.pesirehab.com/faq](http://www.pesirehab.com/faq), or call 800-844-8260.

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### 2 Check location: (make copy of locations)

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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

#### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

#### TUITION OPTIONS

• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesirehab.com/coord](http://www.pesirehab.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

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### 3 Check tuition:

#### TUITION with seminar manual

**\$439.99** – choose one of the options below:  
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Distributed at seminar—FREE SHIPPING!

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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

### 4 Indicate method of payment:

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